

North Dakota National Guard Child & Youth Program

www.ndguard.com

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INSIDE THIS ISSUE

- 1** St. Patrick's Day
American Red Cross
Babysitting Classes
- 2** Ice Fishing Event
Region 8 Youth Leadership
Summit
- 3** Military Youth Camps
Zero to Three
Devils Lake Safety Fair
- 4** State Youth Symposium
- 5** Fargo Lockdown Party
Zero to Three Training
- 6** April Month of the Military
Child
- 7** Youth Council Meetings
Family Snow Skiing Day
- 8** Volunteers Wanted!
National Youth Symposium
Air National Guard Teen
Leadership Summits

happy st patricks day 2011

FUN STUFF FOR ST. PATTY'S DAY & Weekend!

St. Patrick's Day Scavenger Hunt

Follow fun all the way to a faux pot of gold

How to play:

Step 1: Hide a pot filled with gold chocolate coins either inside or out, depending on the weather.

Step 2: Cut out several four leaf clovers from green construction paper. Cut one clover larger than the others.

Step 3: Write clues leading up to the pot on the smaller clovers.

Step 4: On the large clover, write the first clue and place it under your child's breakfast dish.

www.st-patricks-day.com

Shamrock Shake

Supplies:

- * Instant Pistachio pudding
- * Small container with lids
- * Milk
- * Plastic spoon for each child

Put a teaspoon of pistachio pudding in each container, add milk and let them shake and shimmy for about three minutes until the pudding thickens up and turns green.

FREE Babysitting Classes for Military Youth



**American
Red Cross**

The blood type most
often requested by
hospitals is Type O.

BISMARCK

March 23 & 24

5 pm – 8 pm

Location:

Red Cross Building

4007 State St

For more information contact:

Linda Vig

701-233-6700

saf@ndredcross.org

FARGO

April 30

10:30 am – 3 pm

Location:

Red Cross Building

2602 12th St N

For more information contact:

Beth Sandeen

701-451-6109

beth.sandeen1@us.army.mil

Military Dads Took Their Kids Ice Fishing



Saturday, February 19 brought chilly weather for five families that ventured out to the Game & Fish Department pond in Bismarck to take their children ice fishing. The event was sponsored by the Child & Youth Program, Game & Fish Department and help from the Lincoln Sportsman's Club. The event focused on dad's spending quality time with their children teaching them the basics how to ice fish. The families ventured out to the catch & release pond where volunteers had warm ice houses set up, holes drilled and bait ready to go. Volunteers also brought out their underwater camera to show & try to locate the fish in the pond. The morning ended with hot soup, sandwiches and free tackle boxes for the children to try their ice fishing skills in the future.



2011 Military Youth Camps Washburn, ND

Military Youth Camp I

Dates: June 26 - 30

Ages: 8 - 11

Fee: \$190 (\$75 paid by youth, remainder funded through the Department of Defense/Operation: Military Kids camp grant)

- This camp is intended for youth who are members of military families.
- Youth will work in adult-led teams to complete tasks & form bonds with other military youth.
- Youth will experience different branches of the military.
- Traditional camp activities will be offered with a taste of military fun.
- Enjoy team-building activities, swimming, meals with a twist, a hike, slip 'n slide and much more.



Military Youth Camp II

Dates: July 10 - 14

Ages: 12 - 15

Fee: \$190 (\$75 paid by youth, remainder funded through the Department of Defense/Operation: Military Kids camp grant)

- This camp is intended for youth who are members of military families.
- Youth will work in teams to complete action-packed activities.
- Youth will experience leadership roles while engaged in team-building events.
- Camp activities will focus on military tactics and fun.
- Enjoy an obstacle course, shooting sports, a day off-site, dancing, campfire chats, and slip 'n slide.



For more information or to register for a camp, go to NDSU 4-H Youth Development's website:

http://www.ndsu.edu/4h/camp/camp_descriptions/

COMMON SENSE PARENTING

Wednesday, March 30 6:30 PM -8:00 PM
Heritage Hall, Lake Region State College, Devils Lake

Topics include: Parents are Teachers, Encouraging Positive Behavior, Preventing Misbehavior, Correcting Problem Behaviors, Emotionally intense situations and Helping Children Succeed in School. FREE Workshop Series open to everyone! To register call Annie at the Early Explorers and Early Head Start 665-4452 or E-mail: macine.lukach@ndsu.edu

Spring Forward into Brain Development

Longer days mean more time to have fun with the kids. And all that playing will help them learn and grow. Check out some resources that can help you understand more about brain development and how to enhance children's learning.

www.zerotothree.org



North Dakota National Guard 2011 State Youth Symposium March 4-6, 2011

The 2011 State Youth Symposium was off to a great start on Friday night when the Project YES organization had the children getting to know each other's names, age, and what they wanted to be when they grew up. We had children who wanted to be doctors, welders, deputy sheriffs and even one who wanted to be a frog.

Saturday's agenda started early with 45 children present. The children did more team building activities with the Project YES program including one where they had to be blindfolded. Subway was brought in for lunch and National Speaker Lester Sanders talked to the kids in the afternoon about setting goals to get where you want to be in life. We ended the day with a Pizza and Pool party where the children took advantage of the hotel's water park. Afterwards it was a night of dancing and laughter as the children continued to get to know each other over some music and ice cream sundaes. Needless to say it was a long but eventful day and everyone was ready for bed when the danced closed at 11:00 pm. The last day of the Symposium held a special treat for the children who attended the Symposium. CSM Daniel Job came to talk about why military coins are so important. He even showed the kids one of the



coins he carries in his pocket to remind him of the important job the soldiers are doing in Iraq. After that, each child's name was called and they were presented with a certificate of leadership from the State Youth Coordinator and a State Youth Symposium coin from CSM Job.

Each Military Child is a hero and deserves to be recognized as such. We were so happy that so many children decided to join us for this Youth Symposium and we hope they will continue to come year after year. The success of our event was the children and they are also a huge part of the success of our military.

North Dakota National Guard Youth Program Lockdown Party

Your teen (12 and up)
won't want to miss this
fun all-nighter.



Saturday, April 16th – Sunday April 17th
8:00 p.m. – 9:00 a.m.
YMCA Fargo
400 1st Ave South

Have fun swimming, playing
basketball, volleyball, xerzone, and
many other activities that the
YMCA has to offer.

Register by
April 1st

For more information
contact Beth Sandeen
beth.sandeen@us.army.mil

Register for this ****FREE**** training at www.zerotothree.org

COMING TOGETHER AROUND MILITARY FAMILIES[®]

DUTY TO CARE

SUPPORTING YOUNG CHILDREN THROUGH CHALLENGING TIMES

This training will provide opportunities to gain an understanding
of the following topics in the context of military families:

- This training will provide opportunities to gain an understanding
of the following topics in the context of military families:
- Core needs of infants and toddlers •
 - Impact of stress and trauma on very young children •
 - Resiliency in families •
 - Collaborating with military and civilian agencies •
 - Professional self-care •

April 8-9 8 am – 4 pm

Best Western Doublewood,
Bismarck, ND



APRIL

Month of the Military Child

Upcoming Events in Support of Our Military Children

April 7-10: Region 8 Youth Leadership Summit

Salt Lake City, UT www.ndguard.com

April 7: ISFAC Meeting Celebrating Month of Military Child

Bismarck, ND

April 8-9: Zero to Three: Coming Together Around Military Families

Bismarck, ND www.zerotothree.org

April 9: 2011 Annual Safety & Learning Fair

Burdick Arena, Devils Lake, ND

April 16: Teen Lockdown Party!

Fargo YMCA RSVP to Beth

April 17: Youth Council Meeting *focusing on a service project*

Bismarck, ND RSVP to Jessi

**Request a personalized certificate
honoring your military child and
their service! Send their name &
mailing address to Jessi or Beth.**

Jessi 333-4822

j.clarkwoinarowicz@us.army.mil

Beth 451-6109

beth.sandeen1@us.army.mil

Military Kids Are Our Unsung Heroes...

WE WANT YOU TO JOIN THE YOUTH COUNCIL

- Are you a military youth between the ages of 12-17?
- Do you want to meet new friends and get involved in your community?
- Do you like to hang out and have fun?
- Are you a role model or leader?

IF YOU SAID YES...COME TO A MEETING IN YOUR AREA

FARGO AREA-CONTACT BETH FOR DATES AND TIMES-701-451-6109

BISMARCK AREA-CONTACT JESSI FOR DATES AND TIMES-701-333-4822



NDNG CHILD & YOUTH PROGRAMS

Family Snow Skiing Day



On Sunday, March 13, over 65 children, service members and family members came out to ski at Huff Hills and enjoy the nice, winter weather. A big thanks to Huff Hills and all that came out. We will see you next year!



2011 NATIONAL GUARD YOUTH SYMPOSIUM

**LOUISVILLE, KENTUCKY
JULY 24-28**

To apply or for more information, please contact Jessi or Beth. The application is available on ndguard.com under Child & Youth Programs.

Every year, each state and territory is allocated two "best of the best" youth delegates, between 14-17 years old, to send to the Youth Symposium. We will choose one Army & one Air Youth. This is an amazing experience for our youth to meet military youth across the nation and have a blast!!

Deadline: This Friday!!

2011 Air Force Reserve/Air National Guard Teen Leadership Summits

The AFR/ANG Teen Leadership Summits are open to 14-18 year old dependent teens of current Air Force Reserve or Air National Guard military members.

Applicants will be required to complete entire application to include essay questions.

*Classic Teen Leadership Summit
19-24 June, Georgia*

*Capitol Teen Leadership Summit
24-29 July, Washington, DC*

*Adventure Teen Leadership Summit
9-14 August, Colorado*

www.georgia4h.org/AFRANGTeenSummit

The online application will be available on the website 1 Feb, with an application deadline of 8 Apr 2011.

ARE YOU Prepared FOR FLOODING?

CHILDCARE RESOURCE & REFERRAL

You never know when an emergency might strike. Childcare Resource & Referral is offering a course that will offer an approach to build upon the importance of play in helping nurture children through traumatic events and cover the basics. The training will be held Monday, March 21 in four locations by polycom. Time: 6:45 - 8:45 pm. For more information, go to www.ndchildcare.org

MILITARY ONESOURCE

Military OneSource has developed great resources to assist service members and their families, to include: How to be prepared for a flood, What to do when a flood or disaster hits home, Steps to take after a flood, fire or other disaster. Be sure to check out www.militaryonesource.com

READY.GOV

Another great resource to plan, prepare and stay informed is www.ready.gov. They also have a special area just for kids.

NORTH DAKOTA NATIONAL GUARD Child & Youth Program

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Volunteers are crucial to the success of our program. If you want to give back to support our military children & youth, please do not hesitate to contact Beth or Jessi.



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Service Member & Family Support,
Support, Child & Youth Program



www.facebook.com

North Dakota National Guard Youth